

COMPLIMENTARY

Rain in the Mountains

to Show at Capitol Theater November 6th

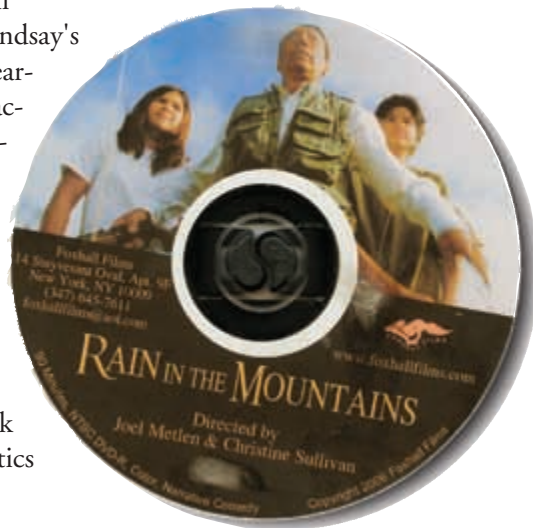
The film, entitled "*Rain in the Mountains*," and produced by Fox Hall Films will play at Capitol Theater as part of the Olympia Film Festival on November 6th at 7:30 p.m.

Squaxin Island tribal member Kassidy Whitener (twelve years old at the time of the filming) offers an outstanding performance of a young friend and neighbor named Lisa. In addition to this film, Kassidy is an avid football player and switched schools so that she could continue to play. She is currently the only girl on the Shelton High School Junior Varsity team. She withstood 5 months of grueling training this summer. She is a straight "A" student and is in the high school band. Kassidy is the daughter of Melissa Whitener.

Tribal member James Peters did a phenomenal job as Sound Recordist. James graduated from the Art Institute of Vancouver/Burnaby in British Columbia in June, 2005, with a degree in Digital Film. He worked on many projects in Vancouver, including filming several of the Olympic athletes. He also worked on the set for the movie "Five People You Meet in Heaven," "Chronicles of Riddick," "Scooby Doo 2," "Stargate SG1," "Smallville," and "Mothers Against Drunk Driving National Commercial." James is the son of Mark and Marlene Peters. He is currently employed as Photojournalist at CBS 5 News in Phoenix, AZ. He does helicopter camera work and is a general assignment video journalist.

The film played at the Sundance Film Festival last fall and the Tacoma Film Festival in September this year. It is a story about Eric Smallhouse, a Native American man who, thanks to the words of a spirit he encounters when taking a new road home, believes it is his destiny to lead his people back to the old ways. The only problem is that Eric was raised off the reservation and doesn't know the old ways. But he's not the kind of guy who will let that stop him. Against his wife Lindsay's objections, he tries to teach his 12 year-old son, Todd, various 'authentic' activities. Failing miserably and learning the hard way that things weren't any easier back before the white man brought electricity, Eric soon begins to think that the modern world with all of its modern conveniences is the real enemy. With help from the spirit who told him his destiny, Eric makes plans to strike back at modern convenience, but his antics soon leave him on the run from

Continued on Page 4.



Crue Woodard Rescues Tribal Member from Mud in Oakland Bay

It was a beautiful summer day and tribal clam diggers were headed home, exhausted, yet happy. They had gotten in some good exercise and quality visiting time with family and friends, not to mention the added benefit of earning some extra spending money.


But with the change of the tide, came a total change of atmosphere. Crue Woodard, grandson of Colleen Woodard, was helping her finish up digging a limit of clams, when he heard someone yelling.

"I thought somebody was mad about us being down there. I kind of ignored it at first, but he kept yelling, so I looked to see what was going on. He was pointing at somebody stuck in the mud."

"People had been there for awhile," said Elliott Woodall, the man behind the voice and resident of the narrow channel of Oakland Bay, across the water from Bayview Golf Club. "It looked like they were getting near the end of their dig and



the tide was coming up. I was out on the deck and noticed a lady walking toward the point. She walked into the mud and her foot got stuck. Then the other. She wasn't making any progress. I told my wife, 'She's in trouble!'



Cruel, an 18-year-old
linebacker/fullback for
Rogers High School
football team in Puyal-
up, immediately dropped everything and ran to the aid of the woman caught in the
mud. By the time he reached her, she was really stuck. The tide had turned and was
coming in. Cruel stretched himself out horizontally, grabbed her by the arm and,
with relative ease, pulled her to safety.

"I really don't think she could have gotten out on her own," Elliott said.

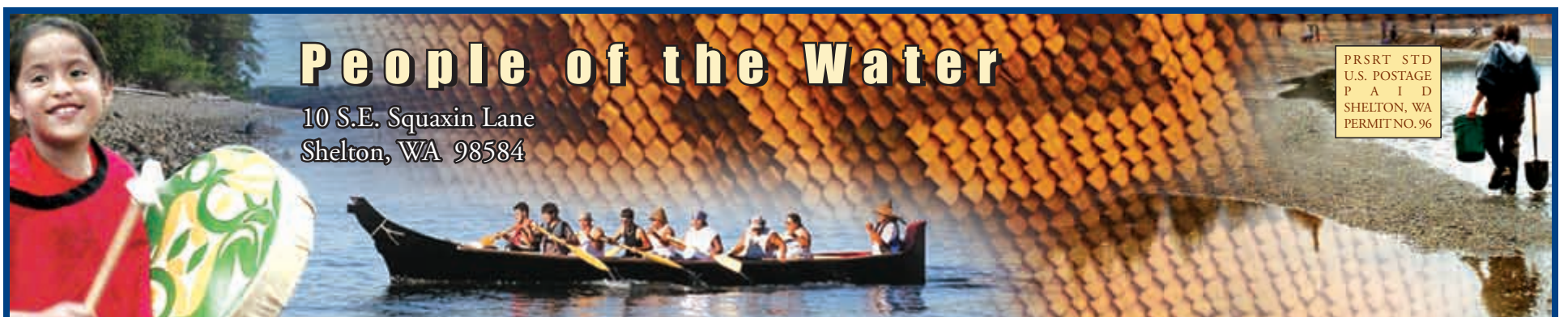
The area where the woman was stuck is on the eastern side of the small stream that enters the channel from the golf course.

Andy Whitener, Director of the Squaxin Island Tribe Natural Resources Department, acknowledged that clam digging is a potentially dangerous activity and recommends that all shellfish harvesters pay close attention to their surroundings while practicing their treaty rights.

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ABOVE: Elliott Woodall points to the place where the incident occurred





Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

Little Creek Casino Resort's 11th Annual Holiday Bazaar

November 9th - 11th

9:00 a.m. to 8:00 p.m. daily

Lower hotel lobby and banquet room

Tables Space

\$30 per day for a small space

or \$50 per day for a large space

All money from space rentals will be donated. This year we hope to bring in even more help and support to our local community. This is a non-profit event put on by LCCR to help families in our community through the holidays.

For further information, please contact:

April Olson @ 432-7032
or email april.olson@little-creek.com

or
Darlene Krise @ 427-3027
or email darlene.krise@little-creek.com

TESC Longhouse & Cultural Center Holiday Native Art Fair

Fri. and Sat., December 7th - 8th

Friday, 11:00 a.m. - 4:00 p.m.

Campus Activities Building (CAB)

Saturday, 12:00 p.m. 5:00 p.m.

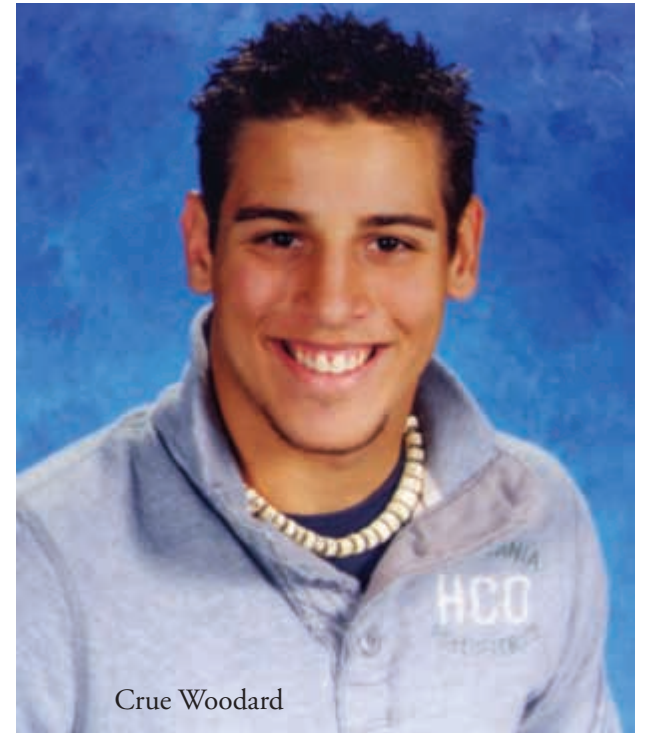
Longhouse Education Cultural Center

For many years, vendors and community members have expressed a desire to host the holiday art fair on a Saturday. This year we want to expand the sale to include Saturday while providing The Evergreen State College community with an opportunity to visit the fair on Friday. Campus construction makes classroom space a premium this year and next. We must move the Friday fair to a different building as the Longhouse also serves as an academic class space. Tom Mercado, (Nisqually) Director of Student Activities, helped the Longhouse come up with a venue that is highly visible with significant customer traffic. On Friday, vendors will be located on the east side of the main floor of the CAB as well as on the mezzanine floor above. The vendor fee this year is \$40.00 for both days. Registration forms are available on the Longhouse website in the most current newsletter www.evergreen.edu/longhouse. Please call the Longhouse at (360) 867-6718 if you would like posters. E-mail us at longhouse@evergreen.edu with any questions.

Rescue

Continued from Page One

"I know that over the years there have been a number of similar incidents," Andy said. "There is a risk involved, and you really have to remember that and be alert at all times," he said.



Crue Woodard





Attention Artists

All Squaxin Island Tribal members (especially Tribal youth), this is a call for you to show off your artistic abilities. I am in need of a new logo for our upcoming

Sa' He' Wa' Mish Days Powwow.

Art will be accepted until November 15th, 2007
YOU CAN DO IT!!!!!!

Please submit art for a new logo to:
Lisa Ewing @ Island Enterprises.
Cell 360-463-6374



Look Here! Evening Classes!

Foster Parent Orientation and Pre-Service Training

Are you interested in becoming a Foster Parent? All potential foster parents must complete this training.

TOPICS

Orientation
Growth and Development
Attachment and Loss
Discipline
Intergenerational Grief
Effects of Addiction
Child Abuse/Neglect
Permanency
Self-Esteem
Basic Foster Parenting Requirements
Review WAC's (Wa. Administrative Codes)

WHEN

December 3-6,
4:00 p.m. - 8:00 p.m.

WHERE

Little Creek Casino in Shelton, Washington

TO REGISTER CALL:

SPIPA Foster Care Program
Angel Peterson at (360) 426-3990, ext. 3217
or email at peterson@spipa.org

Dinner provided and space is limited so register early!!!

Per Capitas

Tuesday, December 4th from 8:00 - 3:30 at the Tribal Center

Skookum Creek Tobacco and KTP

Sponsor Richard Gouin in Jet Ski Competitions

Bryan Johnson - Richard Gouin started racing jet ski's with encouragement from my twin brother Bruce. Rich named his jet ski after Bruce's commercial fishing boat, Skookum Spirit. We are really proud to continue to support Rich in his racing!

Surie won the women's division of nationals last year, and they are headed to Lake Havasu, Arizona for nationals again next week.

Good Luck!!!

Surie, Monti and Rich



Thanks!



Hello Everyone!

I just wanted all of you to know how much my family appreciated what the siding construction crew has done for our community. My family created a bond with this family who took on the job of re-siding our homes here on the Squaxin Island Reservation. The crew was very nice to my family and also made my daughter Kestle a small playhouse. This crew did a wonderful job on our homes and I recommend that they come back for future work. We will miss our new family who have traveled home to reunite with their families waiting at home in Oregon. We know our paths will meet again but until then.....remember, we don't say goodbye, we say LATER.

With Love, The Sen and Coley Family

**Happy
Thanksgiving
Everyone!**



Tribal Council Resolutions

07-74: Supports collaboration with the Tribal Leader Congress on Education, the Washington State School Directors' Association and the Office of Superintendent of Public Instruction to create and submit a joint budget for the implementation of HB 1495 and apply for the funds procured through Request for Proposals: Indigenous Learning Program RFP#SSIE-01

07-75: Supports the participation of the Tribe in SPIPA Family and Violence Prevention and Services Grant

07-76: Authorizes membership in the National Congress of American Indians with dues

07-77: Enrolls Mini Maree Gamber

07-78: - Enrolls Kathryn Marie Keithley

07-79: Enrolls Beth Ann Robinson

07-80: Enrolls Hannah Luchille Forcier

07-81: - Enrolls Tia Marie Jordan and Taylor Jeffrey Porad



Rain in the Mountains

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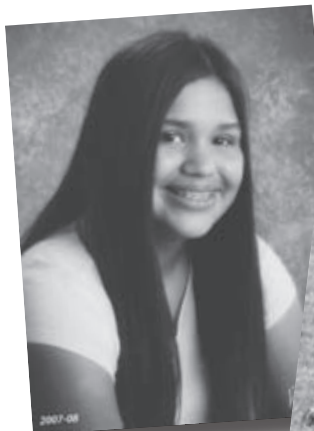
the U.S. government.

The film was written and produced by Joel Metlen who also served as Director of Photography. "There are many Indians who have been raised off the reservation or who have never learned the traditions and ceremonies of their own tribes," he said. "They're often referred to as 'urban Indians,' and many of them eventually do try to reconnect with the cultures of their ancestors and to learn the old traditions. It can be a very difficult road to travel. This film is the story of how one urban Indian tries to reconnect himself and his family with the ways of their ancestors. Its is about an attempt to give his son what he himself never had - a sense of belonging. During the making of this film, many Indians from many different tribes told me that they really identified with the main character's journey because they themselves had gone through very similar journeys in their own lives."

Capitol Theater

206 5th Avenue SE
Olympia, WA
360-754-5378

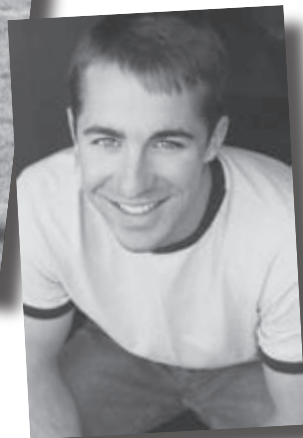
Please come and show your support
for these two brilliant tribal members!



Kassidy Whitener



James Peters



Upcoming Events

Tax Refunds for Working Families

Do You Qualify for the EITC?
Elders Building
November 5, 2007
6:00

One-on-One Credit Counseling

with a Certified Housing Counselor
Administration Bldg. 2nd Floor
November 6th, 2007
By appointment only
4:30, 5:30, 6:30

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871.

The OOH asks that you call to reserves a seat if you plan to attend a workshop.

Holiday Budgeting and Planning Tips

Boost your spending spirit and reduce holiday debt stress

The day after Thanksgiving is the most anticipated shopping day of the year – the beginning of the holiday shopping season. It's also a time when poor financial planning can lead to overspending and deeper debt.

"When you don't plan, spending for gift-giving can become a burden. Now is the time to compare your income and savings to your credit card debt, living expenses and other financial obligations. This assessment should help you determine the number of gifts you can afford to give and the total amount you can afford to spend."

Here are three tips to help holiday shoppers spend wisely: draft a spending plan in November, stay the course in December and breathe easier in January.

Draft a Plan in November

- Develop your holiday budget: Determine what financial expenses you'll have in November and December. Decide whom you'll shop for and the number of gifts you'll need to buy. Don't give more gifts than you can afford.
- Boost your holiday spending account: Ask about ways to make overtime pay at work. Look for seasonal, part-time employment and consider using part of any holiday bonus to offset expenses. Find ways to cut your energy and utility bills, like turning off the lights and television whenever possible.

Stay the Course in December

- Avoid last minute shopping: Shopping under stress can lead to more spending. You might buy what's easiest, which may not be most economical.
- Shop smart and look for deals: Look for sales, discounts, coupons in newspapers and deals online. Ask about markdowns after the holidays. It may be worth buying gifts after Dec. 25.
- Track your expenses: Tally your receipts from credit card, check and cash purchases. Don't spend more money than you've set aside. Once you're done shopping, stop. More mall time can amount to more spending.

Breathe Easier in January

- Maintain financial planning momentum: If you've kept to your budget, you'll start the year with less debt stress. Don't stop your financial planning after the holidays. Plan for the year.

Do You Know What's Tax Time is Just Around the Corner, Get Ready!

The Office of Housing now has a Certified Housing Counselor that comes in monthly to assist Tribal members with credit problems or questions.

The OOH has the ability to pull a FREE credit report from all 3 credit reporting agencies, which will also reflect credit scores from each. The Counselor will then evaluate your report with you and offer assistance with any questions regarding your credit.

If you are interested in obtaining your credit reports and receiving a free consultation, please call Lisa Peters @ 432-3871 to schedule an appointment.

The Squaxin Island Tribe, Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2007 tax year. The site will be open to the public and operating two evenings a week from January 15, 2008 to April 15, 2008.

We encourage everyone to take advantage of this free service. THINK OF THE MONEY YOU WILL SAVE!!!

Watch for more details in the near future!!



Transportation Planning News

Traffic counts to \$\$\$

Squaxin's long-range transportation planning requires traffic counts on all tribal and non-tribal roads in the Squaxin Island Tribe multi-modal transportation system. Lynn Scroggins in Planning and Vince Henry in Public Works are working closely with the BIA Indian Reservation Roads (IRR) Portland Office and the Chehalis Tribe to develop and operate a Squaxin traffic counting program.

Vince and Lynn recently visited the Chehalis Tribe to observe how it's done. Chehalis staff operates a traffic counting program to collect traffic data for tribal and non-tribal roads within their IRR transportation system. Chehalis has three temporary counters that move from tribal road to tribal road. They also have three permanent counters installed in the pavement of heavily trafficked tribal roads. Chehalis also collects state and county traffic data on roads within their IRR system.

How does traffic counting work? The small traffic counter box is positioned a bit away from an intersection and is secured to a sign post with a chain and lock. Two long hoses are attached to the box, placed sixteen feet apart across the road, and secured to the pavement. The mechanics inside the box are turned on and every time a vehicle (i.e. bike, truck, car) crosses the hose, its time and date is recorded. Data is recorded for several days to a week. Afterwards, the box is collected and the data is uploaded to a computer for analysis and reports. Traffic counts are recorded on road sections every three years or as needed when traffic conditions change.

Traffic counts have many uses. They can forecast traffic and traffic patterns for new development projects. They can help problem-solve safety concerns. However, one of the biggest uses of traffic counts is funding. Roughly one-fourth of the IRR funding (roughly \$8 per vehicle per mile) is based on traffic counts. This can mean hundreds of thousands of IRR dollars annually to the tribe for road construction, planning, and maintenance.

Squaxin currently receives about \$100,000 a year in IRR funding for road construction, and much less for transportation planning and road maintenance. When all of Squaxin's tribal and non-tribal roads are added to the IRR system and the long-range transportation plan is updated and approved, we could reasonably expect a six- to ten-fold increase in annual IRR funding for road construction, depending on the national mix of IRR funding distribution.

So... be on the look-out for Squaxin's traffic counters in your neighborhood for they mean money to the tribe for road construction, planning, and maintenance. Feel free to contact Vince or Lynn at (360) 426-9781 with any questions. Please watch over the counters as they are moved weekly around the reservation roads and treat them kindly. Happy trips and trails!



WELCOME!!

The Office of Housing would like to welcome Nick Cooper to the community.

Cleaning Gutters

Water trapped in gutters can cause major damage to your roof and walls. Maintaining clean gutters helps keep your home in good shape.

Instructions

- STEP 1: Gain access to the roof with a ladder. Don't lean the ladder against a downspout or gutter, which can easily bend or break.
- STEP 2: Remove leaves and twigs from gutters by hand or with a large spoon, a gutter scoop or a small garden trowel.
- STEP 3: Wet down caked-on dirt, which can be difficult to remove without damaging the gutter itself, then remove it with the gutter scoop or trowel.
- STEP 4: Put debris in a bucket or plastic trash bag placed on the roof or ladder. If you use a bag, you can just drop it when it's full.
- STEP 5: Check that the downspouts aren't clogged. Use water to unclog your downspouts by placing a garden hose in the opening. But be gentle at first; downspouts aren't designed to withstand the same pressure as a house drain. If a plugged downspout can't be cleared with a hose, use a small plumber's snake or an unbent clothes hanger. Again, be gentle. Gutters are not as strong as house pipes.
- STEP 6: Alternatively, use a leaf blower to clean the gutters; however, remember that you'll be high up, often in awkward postures, and carrying a good-sized machine that not only is awkward to use but also can blind you with dust.
- STEP 7: Use the hose to flush the gutters with water after cleaning. (This is also the best time to find out if there are any leaks in the system.)

Tips & Warnings

- Consider covering your gutters with wire or plastic mesh. This will drastically cut down on debris.
- Never hold on to the gutter or downspout for support. They're not meant to support your weight.
- Make sure the ladder is sturdy and well-secured.

Tax Refunds for Working Families

Find out if you qualify!!!

- WHAT: Earned Income Tax Credit Workshop.
WHEN: Monday, November 5, 2007 at 6:00 p.m.
WHERE: Elders Building
PRESENTED BY: Iris Friday, NW Office of Native American Programs

The agenda includes:

- What is the Earned Income Tax Credit?
- Am I Eligible to Receive an EITC Refund?
- Selecting a Tax Preparer
- How Can I Use My EITC to Improve My Family's Financial Situation?

Every year in Native communities millions of Earned Income Tax Credit (EITC) dollars go unclaimed or get reduced by unnecessary fees. Please join us to find out more information and if see if you may qualify for the EITC. To reserve a seat, please call Lisa at 432-3871. HOPE TO SEE YOU THERE !!!!



COMMUNITY



We Honor Our Veterans

Donald R. Brownfield



NOTE: We will be sharing one of our veteran's stories each month. Enjoy!

"I was drafted into the US Army in 1958. They sent me to Ft. Ord, CA for basic training the first eight weeks.

In the sixth week, they gave us tests to see what we were best qualified for. I wanted to have mechanic training and got a high score. They took the high scores and sent them to Ft. Sill, OK, for mechanical assembly, corporal missile. I ended up in the ammo section guarding the war head. At least we had live ammo. During that time, I made PFC; then E-4 or Specialist 4 class.

They would send us to Post Maintenance to check out a jeep with a 2-way radio to train with. Then we would go to officer training, pick up a Lieutenant and train them on the radio. We would go to air shows; that was a good time.

When my unit went to White Sands, MN, to take the corporal missile over to fire it, I was in the hospital from a motorcycle accident.

After I was discharged, I went in Reserve National Guard. It was 155 Howitzer outfit in Shelton, WA. We went to Yakima for two weeks firing training. I got released after a year because I couldn't afford to be off work that long every year."

Tribal Members

Christian Baller	Army
Charles III Bloomfield	USMC
John Briggs	Navy
Dan Brown	Army
John Mac Brown	Army
Donald R. Brownfield	Army
Gary L. Brownfield	Coast Guard
Marvin E. Campbell	Navy
Donald L. Capoeman	USMC
Vernon Capoeman	Army
Cecil P. Cheeka	USMC
Edward Clapanhoo	Army
Rusty Cooper	Nat. Guard
Ronald L. Dailey	Air Force
Sallee G. Rankin Elam	Navy
Harry A. Fletcher	Army
Robert J. James	Navy
Delwin C. Jr. Johns	Army NG
Richard Sr. Johns	Navy
Kimble Kenyon	Army
Darrel Krise	Army
John E. Krise	Army
Pete Sr. Kruger	Nat. Guard
Toby Lewis	Air Force
James Lister	Nat. Guard
Dennis L. Martin	Army
Phillip E. Martin	Army
Joshua Dylan Mason	Navy
Francis Jr. Napoleon	Army
Marvin Dale Jr. Newell	Air Force
Glen W. Parker	Army
William Penn	Army
William B. Peters	Air Force
Calvin J. Peters	Navy
Rick K. Peters	Navy
Steve Peters	Air Force
William Ray Peters	Nat. Guard
Rusty Pleines	USMC
Dean Jr. Reeves	Army
Mishell M. Saeger	Navy
Dave Seymour	Army
Joseph H. Jr. Seymour	USMC
Joseph H. Sr. Seymour	USMC
Jonella A. Seymour	USMC
Dennis Sigo	Army
Brent Donald Snipper	Navy
Gail Marie Stephens	Army
John Brady Whitener	Navy
Dave W. Sr. Whitener	Army
Donald E. Whitener	Navy
Robert W. Sr. Whitener	Army
Ronald Andrew Whitener	Army

Community Members

Tiff Barrett
Doe Bridge
Jim Carpenter
Richard Case
John Creekpaum
Harold Crenshaw
Mike Davis
Donald Elam
Chuck Evans
Mike Evans
Larry McFarlane Sr.
Derrell Owens
Ernie Sanchez
Eric Sparkman
Scott Steltzner
Elmer Strobe
Brian Thompson
Jason Todd
Micah Ware
Conrad Yeahquo

Deceased Tribal Member Veterans

John Bagley
Dan Brown Sr.
Ed Brown
Hank Brown
Henry Brown
Joe Brown
Francis Cooper, Sr.
Wesley "Curtis" Fletcher
Ed Henry
Lloyd Johns
Bob Johnson
Bruce Johnson
Delbert Krise
Frank Krise
Harry Krise
Harvey Krise Sr.
Harvey Krise Jr.
James Krise
John Krise, Sr.
Riley Lewis
Arthur Martin
Lewis Napoleon
Melvin Napoleon
Levi Parker
Vernon Parker
Raymond Peters
Dewey Sigo
Donald Whitener
Joe Whitener
Wilson Whitener

Deceased Community Member Veterans

Frank Coley
David Rankin
Bob Gouin



NOV. 11th

Who Is This Handsome Protector of Freedom?



Rusty Cooper

The Opening of the Memorial Has Been Postponed Until Spring
Stay tuned for more details . . .

Special Thanks to Peg Johnson
For preparing a buffet for us to show the PowerPoint presentation to our veterans. Much appreciated!
- The Veterans Memorial Committee



SPIPA Hosts Ability Disability Outreach Dinner

SPIPA's Intertribal Vocational Rehabilitation Program hosted the Ability Disability Outreach Dinner at Little Creek Casino Resort Events Center on October 16th.

The highlight of the event was a speech by Arnold Thomas, MSW who, after recovering from depression, attempted suicide and drug/alcohol abuse, has now become a nationally recognized inspirational speaker.

"You can't think in terms of your disabilities," he said. "You have too many abilities! These are what you need to focus on."

He went on to describe, in detail, the self-inflicted pains he endured and the final moment when all seemed lost after he shot himself in the head. He described how he was on the floor bleeding profusely when he finally said to himself, "No! I want to live!"

After years of grueling surgeries and rehabilitation, Arnold is permanently blind, but full of passion for life. He encouraged the guests to realize there is nothing beyond their reach. You just have to make the effort and believe. You have to trust in the higher power and have respect for all living things, most importantly, yourself!

The event was catered by Little Creek Casino Resort. The opening prayer was offered by Carol Cordova, Education and Training Program Director who was followed by SPIPA Executive Director Adadeo Tiam who welcomed everyone in attendance. A PowerPoint presentation described the program, its goals and plans for the future.



Happy First Birthday Keerah Brown



**We Love You So Much!
From Daddy, Mommy
and Christopher**



New Employee



Rana Brown Shellfish Technician

Hello, my name is Rana Brown and I am the newest addition to Natural Resources, Shellfish division. I was hired October 1st as a Shellfish Specialist 2 working with Eric Sparkman. I currently live in McCleary and am originally from Olympia. I grew up in this area and have spent most of my life either on or in the water.

My educational background includes a Bachelor's of Science from the Evergreen State College in Olympia where I majored in marine science, specifically invertebrate science. I currently attending Evergreen State College where I am pursuing my Master's of Environmental Studies degree.

I have always been passionate about marine life and preserving our local natural resources. When not working, I enjoy scuba diving, fishing, hiking and traveling, or anything else that allows me to spend time at the beach! I am very pleased to be working for the Natural Resources Department, and am looking forward to a rewarding career where I can make a positive difference for our environment!

Energy Assistance Funding May Be Cut

Be sure and pay your electric bills this year. We're not sure of funding through the LIHEAP (Energy Assistance) program run through SPIPA. This program may suffer cuts due to the costs of war. For more information, call Debbie Gardipee at 426-3990.



Great Job Haley Peters and SSFC Liberty!!!

Liberty got 2nd Place at the Kitsap Kickoff Soccer Tournament this summer.

Haley Peters: back row, 4th from left.

Addie Peters: Team Mgr, front row, 2nd from left.



LEARNING CENTER



Pathways to Success update:

Currently, the Pathways Coordinator is working closely with Cheri Cook from the Skokomish Tribe. The curriculum of Pathways is being reviewed by the Shelton School District, so that students can eventually receive credit for participating in the classes. The Ethnobotany class will be running all through the month of November. Also, after-school tutoring is available, so if you need extra help, please stop by the Learning Center or call Bridgette at 360-432-3958.

Shelton School District Indian Ed. Parent Committee Meeting

Nov. 7th at 6:00 p.m. @ Oakland Bay Junior High School Room #211

Everyone is invited . . . parents, grandparents, community members, aunties, uncles, cousins . . .

Bordeaux Elementary School News

Thanksgiving Food Drive

Mon., Oct. 29 - Fri., Nov. 16th. Please have your child bring canned or other non-perishable items





Harvest Carnival

Nov. 2nd @ 6:00 p.m. at Bordeaux.

Squaxin Youth Cultural, Educational and Activities

Calendar

NOVEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Homework Help is avail- able Mon-Thur From 3:30-5:00!!	Any Questions Call: Mark Snyder 701-1561 Jeremiah George 229-0547 or Bill Kallappa 463-6361	1 3pm Board Games 3pm Ping Pong 4pm Snack	2 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	3
	5 Basketball starts!! 3pm Board Games 3pm Snack 3:30-6pm Basketball	6 3pm Board Games 3pm Snack/ Wii 3:30-6pm Basketball	7 3pm Board Games 3pm Snack 3:30-6pm Basketball 5pm Youth Council	8 3pm Board Games 3pm Snack 3:30-6pm Basketball	9 3pm Board Games 3pm Wii 4pm Movie/ Snack	10
	12 <u>Veteran's Day!!</u> <u>No School!!</u> 12:30-4pm Movie No Basketball	13 3pm Board Games 3pm Snack 3:30-6pm Basketball	14 3pm Board Games 3pm Snack/ Wii 3:30-6pm Basketball 5pm Youth Council	15 3pm Board Games 3pm Snack 3:30-6pm Basketball	16 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	17
18	19 3pm Board Games 3pm Snack 3:30-6pm Basketball	20 3pm Board Games 3pm Snack 3:30-6pm Basketball	21 Early release No Basketball	22 		24
25	26 3pm Board Games 3pm Snack 3:30-6pm Basketball	27 3pm Board Games 3pm Snack 3:30-6pm Basketball	28 3pm Board Games 3pm Snack 3:30-6pm Basketball 5pm Youth Council	29 3pm Board Games 3pm Snack 3:30-6pm Basketball	30 3pm Board Games 3pm Wii 4pm Movie/ Snack	



Squaxin Island TANF

Playground/Parks Youth Prevention Job Training Program

Jill Krise - Squaxin Island TANF started a job training program to help with the enhancement of the community playgrounds while promoting the job skills development for the youth to prevent them from being future TANF clients. This program is providing them with the work ethics needed for future employment.

The first six weeks (phase one) started August 24, 2007 and consists of a lot of manual labor, prepping for the playgrounds, enhancing trails, cleaning, and installing picnic tables. Jack Selvidge is the contractor who was hired to do the training. There are six youth trainees: Thomas Blueback, Brandon Blueback, Alan Cooper, Jeffery Blueback, Kody Vigil and Dan Greig. They worked really hard getting the sites prepared for Phase Two which is the assembly and installation of the playgrounds.

There are three playgrounds on Slocum Ridge: one at the sports court, one at the Tu Ha' Buts Learning Center and one on Skalapin Lane. The boys are excited to work, and Jack is doing an awesome job with the them. This program has been successful so far, and we hope the children will play safe and enjoy the new playgrounds.



Tutoring, GED Preparation Class

Available at the Old Tribal Center

The GED Preparation class at the Tu Ha' Buts Learning Center continues to chug along with a small but steady number of folks working to get their high school equivalencies. The class meets from 5:00 to 7:30 p.m. every Monday and Wednesday.

Although all are welcome to attend, we strongly encourage students of high school age to stay in school. If you're not yet 19 years old, you'll need to work with our education department in order to attend.

The Squaxin Island Tribe's Education Department is very supportive of folks who are working to obtain their GED Certificate. The staff strongly urges you to drop by and meet the instructor, Bill, check out the class, and work toward getting your GED.

The Tu Ha' Buts Learning Center has just expanded its tutoring schedule with six additional hours set aside for people who want some academic assistance.

Advanced (through college level) subjects like math, computer literacy, and science are specialties, but our tutor will work with all comers of all skill levels. This service is available every Monday and Wednesday from 2:00 to 5:00 p.m. If these hours don't work for you, give us a call and we'll do our best to arrange a time when you can receive some help.

If you would like more information about this, or any of the many excellent programs offered by our education department, please contact Walt Archer at 432-3826, or Kim Cooper at 432-3904. You can reach Bill Heelan by e-mail at bheelan@squaxin.nsn.us or by phone at (360) 482-1348.



COMMUNITY



Wesley Fletcher 11/1
Kimberly Arnold 11/1
Juanita Algea 11/3
Shannon Bruff 11/3
Rickie Leigh Case 11/3
Cynthia Dorland 11/3
Lena Krise 11/3
Roxsanne White 11/3
Jeremiah Johns 11/4
Twana Machado 11/4
James Monger 11/4
Ronnie Rivera 11/4
Jordan Whitener 11/4
Jennifer Briggs 11/5
Beverly Hawks 11/5
Elizabeth Kuntz 11/5
Cynthia Napoleon 11/5
Bonnie Sanchez 11/5
Jason Snipper 11/5
Kenneth Brownfield 11/6
Malena Cuch 11/6
Laura Henry 11/6
Terri Capoeman 11/6
Tammy Peterson 11/6
Thomas Peterson 11/6
Russel Cooper 11/7

Happy Birthday

Anthony Furtado 11/7
Thelma Shea 11/7
Tammy Birchall 11/8
David Whitener, Jr. 11/8
Jeffery Blueback 11/9
Dillon Decicio 11/9
Malena Herrea 11/9
Mickey Hodgson 11/9
Virginia Berumen 11/10
Calvin Peterson 11/10
Monique Pinon 11/10
Lisa Farron 11/12
Ryan Fox 11/13
Rachel Parker 11/13
Mary Mosier 11/14
Richard Peters 11/15
James Orozco 11/16
Tammy Peterson 11/16
Jackie Allen 11/17
Elizabeth Heredia 11/17
Jennifer Peets 11/17
Laura Snyder 11/17
Faith Wilbur 11/17

Casey Lacefield 11/17
Joseph Peters 11/18
Lucille Quilt 11/19
Connie McFarlane 11/20
Nathan Nunes 11/20
Vincent Henry I 11/21
Herb Johns 11/21
Aleta Poste 11/21
Bianca Saenz-Garcia 11/21
Susan McFarlane 11/22
Lyssa Davis 11/23
Steven Dorland 11/23
Candee Gillette 11/23
Delores Johnson 11/23
Eric Kruger 11/23
Melvin Napoleon 11/23
Cecily Neilsen 11/24
Michael Parker 11/24
Joseph Seymour 11/24
Alan Steehler 11/24
Donald Brownfield 11/25
Candace Penn 11/26
Carrie Sasticum 11/27
Leonard Cooper 11/27
Leslie Cooper 11/27
Nokomis Masoner 11/27
Ila Peterson 11/28
Tyler Burrow 11/29
Sarah Kuntz 11/29
Mark Peters 11/29
Carol Hagmann 11/30

What's Happening

				1	2	3
					AA Meeting 7:30	
4 Squaxin Indian Bible Church 11:00 a.m.	5	6 Church 7:30	7 Family Court	8	9 Council Mtg. AA Meeting 7:30	10
11 Squaxin Indian Bible Church 11:00 a.m.	12	13 Criminal/Civil Court Church 7:30	14	15	16 AA Meeting 7:30	17
18 Squaxin Indian Bible Church 11:00 a.m.	19	20 Church 7:30	21	22 Happy Thanksgiving	23 Tribal Center Closed AA Meeting 7:30	24
25 Squaxin Indian Bible Church 11:00 a.m.	26	27 Criminal/Civil Court Church 7:30	28	29 Council Mtg.	30 AA Meeting 7:30	

Happy Birthday Cap!
**We're glad you're doing good and keep up
the good work!**
**Also, I will take you
out to dinner sometime this month for
your birthday,
but only if you have read this.**
Love You!
Auntie Ruthie, Billie Marie & Jordy!

Happy Birthday Cynthia!
The kid's and I miss you!
**Also, I will take you out
to dinner or lunch. Wait,
how about lunch at a casino! Fun!**
Love You!
Auntie Ruthie, Billie Marie & Jordy!



HEALTH & HUMAN SERVICES



Upcoming Health Events

DIABETES AWARENESS MONTH

Get Screened for Diabetes:

Thursday, November 1st
Little Creek Employee Lounges
1:00 - 4:00 p.m.

Tuesday, November 20
SPIPA
8:00 - 9:30 a.m.

Tuesday, November 27th
Tribal Center
7:30 to 9:00 a.m.

If you cannot make these times,
contact Janita or Patty.

SQUAXIN ISLAND HEALTHIEST TRIBES PROJECT

Funded by the Washington Health Foundation
We are looking for 2-person teams,
an adult and a youth, 12 & up,
to participate in a 12-week Wellness Program
To get on the Waiting List, contact Janita or Patty

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, November 8th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time- for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated
by a Skokomish community member.
The Tribe with the most walkers each month wins the
walking stick for that month.
We won it in July . . . can we get it back in Nov.?

MAMMOGRAMS & WOMEN'S HEALTH EXAMS

Nov. 9th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use them in the building
across from the clinic.
Work out alone, with us, or with a group

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

If you are Native American & over 18, see if you
qualify to participate in this 16-week workshop to
improve your health by changing your nutrition
and activity.
Call Janita Johnson at 432-3972

PILATES

Community members welcome
Mondays and Wednesdays
4 - 5:00 p.m. at the Health Promotions

Everyone is invited Join our Diabetes Support Group WORLD DIABETES DAY NOVEMBER 14, 2007

Bayview Catered Lunch at Elder's Building
11:30 Lunch
12:15 Discussion on Carbohydrates
Discussion Leader: Patty Suskin

Questions?
Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972

Special Thanks

Thank You to the Health & Human Services and Natural Resources Departments and all the others who participated in catching and filleting fish for the Oyster-Fest. All your hard work made it another big success!!! Thank you, Jeff Peters and crew, for all your hard work transporting our heavy equipment to the fairgrounds!!! Thank you all very much!!!
- SQUAXIN ISLAND ELDERS

Flu Shots Are In!
Please call Elizabeth
at the clinic
427-9006
to schedule a time.
\$20 for Non-natives

Join Us For A Walk!

We're still walking on Thursdays from the Elder's building at about 12:30... (Your friends took a break from the walk for these photos taken in September & October)... Come join us!

Questions? Contact Janita Johnson 432-3972 or Patty Suskin at 432-3929.





Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

Because Contract Health Services does have limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. **If the clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 am until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m.** Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit Priority Levels One and Two or you will be responsible for the bill.

Below are some conditions in which you need to go to the emergency room and some non-urgent conditions for which you need to go to the Squaxin Island clinic. Please note that this is not a complete list, and is only meant to provide you with a few examples.

SQUAXIN CLINIC: EMERGENCY ROOM:

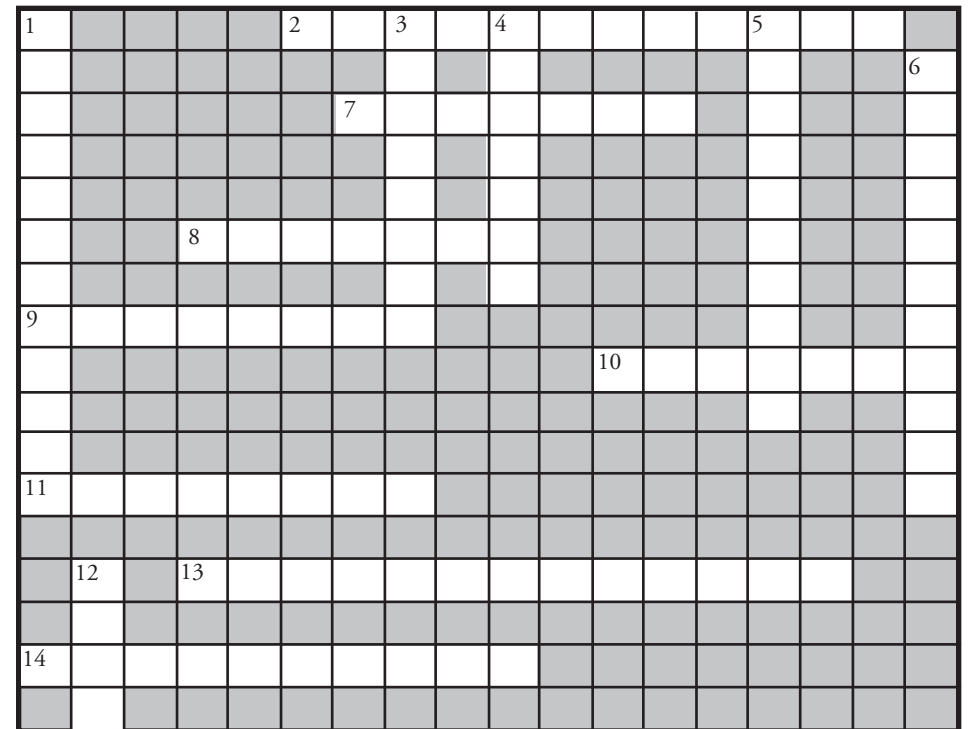
Earache	Amputation
Cough	Heart Attack
Ingrown Finger/Toenail	Profuse Bleeding
Bronchitis	Coughing & Vomiting Blood
Minor Cuts & Burns	Sexual Assault
Headache	Acute Asthma Attack
Colds	

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization.



November is Diabetes Awareness Month

Try this crossword with "Diabetes Words"



ACROSS

- Low blood sugar (Hint: “hypo” means low)
- A hormone that helps the body use glucose for energy
- Two organs in the body that remove waste products and water from the blood-stream & make urine
- A disease where the body does not properly control the amount of sugar in the blood
- The standard unit for energy measurement in nutrition.
- This is a great way to bring your blood sugar down, lose weight & build muscle, too
- High blood sugar
- Machine to test blood sugar levels

DOWN

- A nutrient found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise
- The body's organ where insulin is normally made
- A sugar in the blood and a source of energy for the body
- The doctor may prescribe this to help you lower your blood sugar
- A condition with blood sugar higher "normal" but not as high as diabetes
- Join us each Thursday after Elder's lunch for this

diabetes	hypoglycemia	insulin	glucose	kidney
walk	exercise	medication	carbohydrate	calorie
	glucometer	prediabetes	hyperglycemia	pancreas

Answers on Page 14.

**To Accommodate the Squaxin Island Healthiest Tribes Project,
the Fitness Center will be closed from 3:30 to 5:30 p.m. on Tuesdays & Fridays.**



Healthy Eating During Winter Gatherings for People with Diabetes

Contributed by Patty Suskin, Diabetes Coordinator - Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with type 2 diabetes, it can be especially challenging to stick to a meal plan. Mouth-watering options such as honey-baked ham, buttery mashed potatoes, and sweet yams are popular for festive dinners, while chicken wings, cheesy nachos, and chips are among the favorites at football play-offs and other gatherings. However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portion sizes.

Follow these tips from the National Diabetes Education Program (NDEP) to help you eat healthy during gatherings throughout the winter season:

- Eat a healthy snack. Eating a healthy snack prior to leaving home can prevent overeating at the party.
- Plan ahead. Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.
- Bring a healthy dish. Share your healthy dish with family and friends.
- Move away from the buffet. Fix your plate, and then step away from a table of finger foods to avoid grazing while chatting.
- Savor the flavor. Eating slowly reduces your chances of overeating.
- Drink H₂O. Water is a healthy, no-calorie beverage. Drink plenty of it.
- Trim it down. Eat smaller portions of food. Trim off extra skin and fat from meat.
- Be Active at the party! Focus on family, friends, and activities rather than food or beverages. Stay active by participating in games or dancing.

Follow these tips if your goal is to serve healthy feasts to your guests:

- Bake it. Broil it. Grill it. Consider healthy alternatives to traditional meats.
- Choose skinless meat, fish, or poultry and avoid fried dishes.
- Increase fiber. Serve whole grain breads, vegetables, fresh fruits, and beans as part of your meals.
- Easy on the toppings. Lighten your recipes by using reduced-fat or fat-free mayonnaise, butter, sour cream, or salad dressing.
- Focus on fruits for dessert. Serve fresh or canned fruits instead of ice cream, cake or pie.
- Transform high fat, high-calorie desserts by replacing whole milk or whipped cream with 1 percent or nonfat milk.
- Serve low-calorie beverages. Offer your guests sparkling water or low calorie beverages.
- We're all in this together. Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year.

To find out more information about the Control Your Diabetes For Life campaign and to order free materials and resources, visit www.ndep.nih.gov or contact the National Diabetes Education Program (NDEP) at 1-800-438-5383.



*Try this easy, tasty recipe to warm you up on a cold day!
Note the suggestions at the end to make it healthier.*

Sloppy Joes

- 2 tbsp canola or olive oil
Heat oil in large sauté pan over medium high heat
- 1/2 Large onion, diced
Sauté & remove from pan
- 1 # lean ground or shredded elk, turkey, venison, beef, or chicken
Cooked till browned about 15 minutes & off drain fat
(to reduce fat more, rinse ground meat with water in fine colander)
- 1/2 cup ketchup
- 1 cup water
- 1 tbsp Worcestershire sauce
- 1 tsp dry mustard
- 1/4 tsp cayenne pepper
- 8 to 16 ounces of tomato sauce
- 3 tbsp red wine vinegar
- 2 tbsp sugar
- 1 can beans (your choice- kidney, navy, black, or other)
After returning onion & turkey to saute pan, stir in these ingredients & simmer, stirring occasionally, until mixture has a stew-like consistency, about 15 minutes.
- 1/2 tsp black pepper (to taste)
- 1/2 tsp salt (to taste)
Adjust seasoning to taste with salt & pepper
Serve on wheat toast, wheat buns, wheat pita bread, brown rice, couscous, baked potatoes or something else of your choosing.

To make even healthier, add:

- chopped peppers—green, red, yellow, orange, or all
- corn
- spinach
- any other finely chopped vegetable
- more canned beans



Socorro Bernal is Retiring

Senior Kitchen Will Be Closed Until After New Year's

As you may have heard, Socorro Bernal retired from her position as Head Cook on Thursday, October 25 after more than 25 years of service. (Squaxin Island Tribe thanks you and wishes you all the best!!!!)

The Elders kitchen will be closed for renovation and cleaning from November 1 to January 3. On Mondays and Thursdays we will continue to provide simple and easy lunches that won't require the use of the kitchen. However, Wednesday evening meals are suspended until after the new year. Thank you for your understanding!

Also, don't forget the Elders meeting on the first Thursday of the Month. Voting will be done to elect a new Officer-At-Large. Please be here.



World Diabetes Day

November 14, 2007

Join our Diabetes Support Group

Everyone is Invited!

Elder's Building

11:30 Lunch . . . 12:15 Discussion

Topic: More about Carbohydrates & Diabetes

Learn how to stay Healthy with Diabetes

Patty Suskin, Discussion Leader

**(Lunch Catered by Bayview Thriftway
Courtesy of Novo Nordisk Pharmaceuticals)**

For more information, or to RSVP, contact:

Patty Suskin, Registered Dietitian

and Certified Diabetes Educator

(360) 432-3929

Congratulations Raffle Winners



Sally Johns

September Mammogram

Pendleton Blanket Winner

Congratulations Rose



Rose Algea, Squaxin Island Community
Health Representative/Outreach

**National Indian Health Board's Local
Impact Award Recipient 2007**

You deserve this award for all your commitment to improving the health & well being of American Indians in the Squaxin Island community. Your contributions have been noticed. You are truly an asset to the Women's Health program & we appreciate you. Thank you for working so hard with your Mammography Screening Program and women's health exams! - clinic staff

Diabetes Crossword Answers

ACROSS

2. Low blood sugar = HYPOGLYCEMIA
7. A hormone that helps the body use glucose for energy = INSULIN
8. Two organs in the body that remove waste products and water from the bloodstream & make urine = KIDNEYS
9. A disease where the body does not properly control the amount of sugar in the blood = DIABETES
10. The standard unit for energy measurement in nutrition = CALORIE
11. This is a great way to bring your blood sugar down, lose weight & build muscle, too = EXERCISE
13. High blood sugar = HYPERGLYCEMIA
14. Machine to test blood sugar levels = GLUCOMETER

DOWN

1. A nutrient found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise = CARBOHYDRATE
3. The body's organ where insulin is normally made = PANCREAS
4. A sugar in the blood and a source of energy for the body = GLUCOSE
5. The doctor may prescribe this to help you lower your blood sugar = MEDICATION
6. A condition with blood sugar higher "normal" but not as high as diabetes. = PREDIABETES
12. Join us each Thursday after Elder's lunch for this = WALK



Diane Peters

September Women's Health

Basket Winner



Alene Whitener

October Mammogram

Pendleton Blanket Winner

November is Diabetes Awareness Month

Diabetes Screenings

Thurs. Nov. 1st : 1 pm to 4 pm Little Creek
Employee Lounges

Tues. Nov. 20: 8-9:30 SPIPA Building

Tues. Nov 27 : 7:30 to 9 am Tribal Center

**Ideally, do not eat or drink anything
(except for water) after midnight the night before if
you are checking in the morning..**

***We can still do a finger poke screening even if
you forgot & ate or drank something.***

Contact for more information :

**Janita Johnson, Diabetes Prevention CHR(360)432-3972
or Patty Suskin, Diabetes Coordinator (360)432-3929
at Squaxin Island Health Promotions**



COMMUNITY



**Congratulations
Rose Blueback
on Your First Buck**



Way to Go!!!

**Congratulations Elijah
on Your First Buck!**



**Love, Dad, Mom,
Your Bro and Sisters**

Hey Davey . . .



Now That You're 50 . . .

There is nothing left to learn the hard way!
Your secrets are safe with your friends because they
can't remember them either!

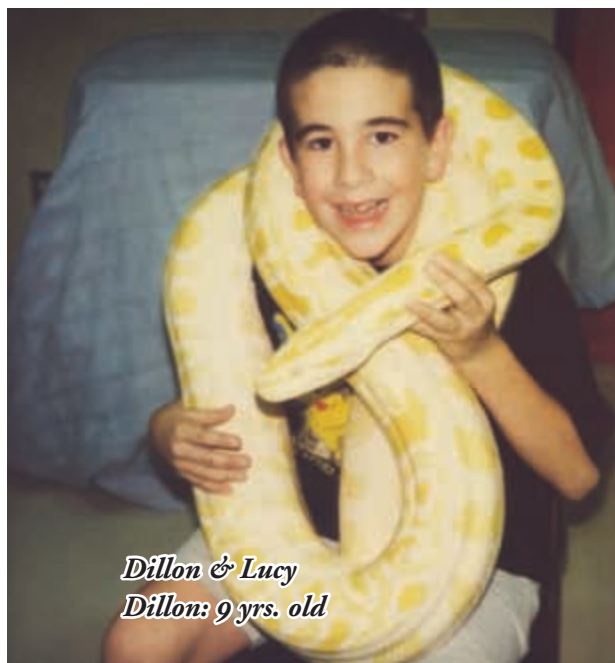
You can have a party
and the neighbors don't even realize it!

**Happy 50th Birthday!!!
Love, Mom, Mitzie & Connie**

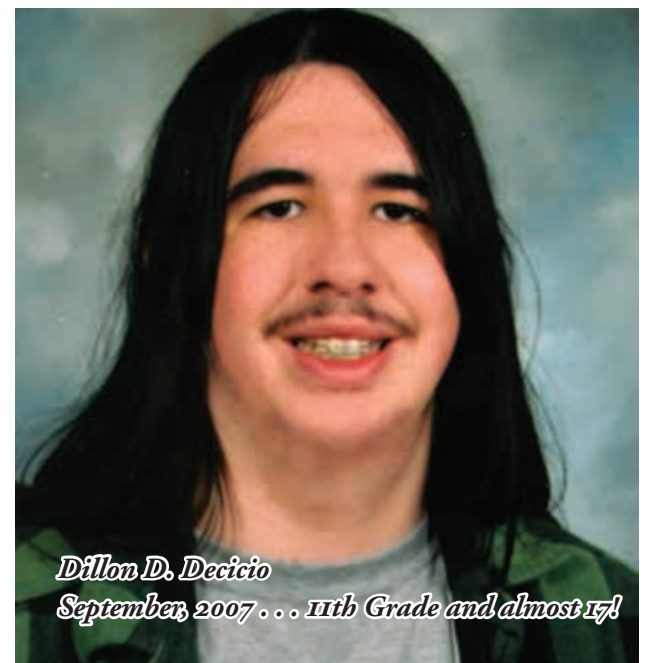
Happy 17th Birthday Dillon! November 9th



*Joanne, Dillon, & Lucy
September 29, 1990*



*Dillon & Lucy
Dillon: 9 yrs. old*



*Dillon D. Decicio
September, 2007 . . . 11th Grade and almost 17!*

We Love You!!!

Remember when you wanted to go see the Reptile Man at Griffin? He came to present his reptiles one evening? We went and listened and learned a lot. I've always been scared or disliked snakes, but after listening to the Reptile Man talk about snakes and other reptiles, it was a lesson to learn they are scared of humans and are not out to hurt anyone most of the time. Anyway, it was something to get our picture with "Lucy". She is a beautiful yellow snake and, as you can see in the pic's, she wasn't scary at all. I remember you were happy and proud that you got your Mom to hold the snake!!!

BINGO AT THE CREEK

WIN BIG AT OUR SKOOKUM CREEK EVENT CENTER

Friday, November 23

6:30 p.m.

Regular games pay up to \$500

Saturday, November 24

12:30 & 3:30 p.m.

Regular games pay up to \$250

Saturday, November 24

6:30 p.m.

Regular games pay up to \$750

Skookum Creek Event Center
Must be 18 or over to play

OVER \$30,000 IN CASH
AND PRIZES WILL GO!

A Carnival Cruise Winner for Every Blackout Session!

Cruises only awarded for Saturday Games
If multiple players win, we will play runoff game(s)
until we have a single winner.

LITTLE CREEK
CASINO • RESORT

IMMERSE YOURSELF
AT THE CREEK
www.little-creek.com



Hope Everybody
Had a Very
Happy
Halloween!
With Love,
Sophia Pinon

